

# Recipes - Multiple Servings

Noon Meal, Day 1 (FW1011)

Dietary Solutions

Recipe 8338

## Yankee Pot Roast

Nutrition Facts per Serving (% based on 2000 Kcal)

Serving Size: 3 oz w/2 oz

Calories:	253	Total Fat	14g	6 %	Total Carbohydrate	5g	1 %	Sodium	371mg	Dietary Fibe	0g
Calories from Fa	129	Saturated Fa	5g	2 %	Protein	24g	5 %	Cholesterol	79mg	Sugar	2g

### Ingredients and Instructions

Recipe Yield: 10, 50 and 100 Servings

10 Servings	50 Servings	100 Servings	
2 lb 15 oz	14 lb 13 oz	29 lb 9 oz	Beef, choice of cut for roasting
1 Tbsp 2 tsp	2 1/2 oz	5 oz	Flour, all purpose
1/2 tsp	2 tsp	1 Tbsp 1 tsp	Pepper, black
7/8 cup	1 qt	2 qt 1/2 cup	Tomatoes, canned diced
3/4 cup	3 1/4 cup	1 lb 7 oz	Celery, fresh sliced diagonally
1 1/2 tsp	2 Tbsp 1 tsp	1/4 cup	Sugar, granulated
3/8 cup	1 1/2 cup	1 lb 2 oz	Onions, fresh chopped
1 3/8 cup	1 qt 2 1/2 cup	3 qt 1 1/2 cup	Water

1. (NOTE: Meat shrinkage in this recipe is estimated to be 61.5%. ) Combine flour and pepper; dredge meat in flour mixture. Place in a heavy roasting pan. Roast in a conventional oven approximately 40 minutes at 400 degrees F (205 degrees C). Mix tomatoes, celery, sugar, onion, and water. Pour over pot roast. Reduce oven heat to 325 degrees F (165 degrees C). Cover tightly and continue to roast until the roast is done and the product temperature reaches 155 degrees F (68.3 degrees C) or higher for 15 seconds. (Allow a total of 25 minutes per pound for cooking time.)

1 Tbsp	3 oz	5 3/4 oz	Soup Base, Beef
1 Tbsp	1/4 cup	2 1/2 oz	Flour, all purpose
1 Tbsp 1 tsp	3/8 cup	3 1/4 oz	Cornstarch
3 1/2 cup	4 qt 1 cup	2 gal 1 qt	Water

2. Remove beef from pan; cool meat dripping until fat hardened. Remove and discard excess fat. Heat drippings. Mix beef base, flour, cornstarch, and water using a wire whisk and add to meat drippings. Continue to cook for 10 minutes until gravy becomes slightly thickened and a final product temperature of 165 degrees F (73.9 degrees C) or higher is reached for 15 seconds. Serve over sliced beef.

### PUREE INGREDIENTS

1 lb 14 oz	9 lb 6 oz	18 lb 12 oz	Meat, cooked
2 1/2 cup	3 qt 1/2 cup	6 qt 1 cup	Water

3. PUREED DIRECTION: (Portion Size = #8 dipper) Measure 3 oz of cooked meat and 1/4 cup water for each pureed serving needed. Using a food processor, blend all ingredients for 1 minute. Stop and scrape down sides of bowl; continue to process until smooth. Pour into a baking pan, cover, and heat until product reaches 165 degrees F (73.9 degrees C) or higher for 15 seconds. Discard leftover product after meal service. Serve with pureed vegetable and gravy.

CCP COOKING: Recommend cooking beef products to an internal product temperature of 155 degrees F (68.3 degrees C) or higher for 15

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seconds. Rare = Internal product temperature should be maintained for 3 minutes at 145 degrees F (62.8 degrees C), approximately 18-20 minutes per pound; Medium-Well = Internal product temperature maintained for 15 seconds at 165 degrees F (73.9 degrees C), approximately 22-25 minutes per pound. Cook gravy from chilled drippings to a product temperature of 165 degrees F (73.9 degrees C) or higher for 15 seconds.

CCP HOLDING: Hold for hot service at 140 degrees F (60 degrees C) or higher. Never mix old product with new.

CCP COOLING: Cool rapidly from 140 degrees F (60 degrees C) to 70 degrees F (21.1 degrees C) in 2 hours or less and from 70 degrees F (21.1 degrees C) to 40 degrees F (4.4 degrees C) within 4 hours or less. Use shallow chilled metal pans or smaller pots; slice or cut roast in smaller pieces. Use ice baths if necessary. Stir to decrease cooling time if possible. Store uncovered while cooling if health department in area permits. After cooling, cover a label with date. Store on higher shelves in a 40 degrees F (4.4 degrees C) refrigerator above raw products.

CCP REHEATING: Reheat only foods that have been cooled and refrigerated for two days or less. Reheat one time to a product temperature of 165 degrees F (73.9 degrees C) or higher for 15 seconds within 2 hours. Never mix leftover foods with fresh food. Steam tables, bains-marie, warmers and other types of holding equipment may not be used for reheating.

SANITATION INSTRUCTIONS: Measure all temperatures with a thermometer or other approved temperature measuring device. Wash hands before handling food, after handling raw food, and after any interruption that may contaminate hands. Prepare food with minimal hand contact, with suitable utensils, and on surfaces that prior to use has been cleaned, rinsed and sanitized to prevent cross-contamination. Clean, rinse and sanitize surfaces and utensils each time there is a change in processing from raw meats, poultry and seafood or between raw and to ready-to-use products. Return product to refrigerator storage if preparation is interrupted.

\*\*End\*\*